



Ysern's Parrot

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MY WAY OF TRAVELLING

Most people who are reading this like to travel, but the question is...Why?

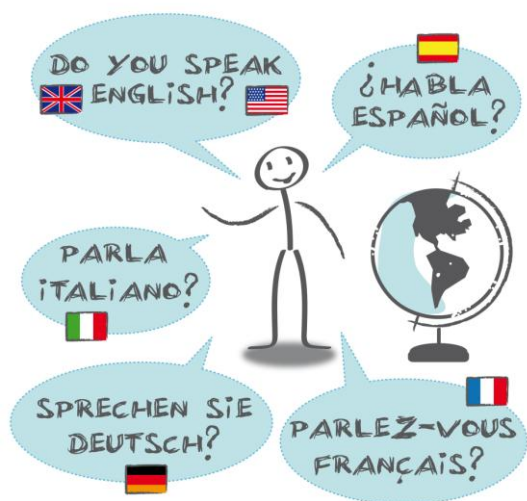
I have always seen it as a way to disconnect from our normal life, to relax and take a break; to forget about the day to day and to dedicate a little more time to ourselves even for a short period of time. But the weirdest thing is that I have never stopped to think why a person who finds a minimum of two days off chooses to travel instead of something else that entails more rest and less money. So one day, I decided to squeeze and enjoy my travels in another way, not just looking at the place and things, but thinking about how I felt in each moment of my trips.

My term and concept of traveling does not only mean moving to a new or already known place. Traveling means obtaining a culture that you were not aware of, fulfilling a dream full of hope, filling yourself with a million new opportunities...but above all, traveling reminds me that I am alive and that I still have many things to do and to learn.



IRIA GÓMEZ MORAL

FOREING LANGUAGE LEARNING IN SPAIN



The purpose of this report is to show people the reasons for studying a foreign language in my country, Spain. Furthermore, I wish to inform others about this topic from the point of view of a student who is learning a foreign language.

Geographical distribution of the apprenticeship.

Depending on where you live, you will have more or less knowledge of a language. If you are from a big city, you will probably study two or three languages, including your mother tongue, whereas if you live in a small town, you will probably not. Why? That is due to the fact that you are not going to need languages in your future. For example, if you are a shepherd you do not need them. However, if you are a businessman of an international company, you are normally going to live in a city and you need to speak English.

Recommendations.

In addition, I would like to make a recommendation for improving language learning in my country. You should enroll in a specialized language school for improving a language, since in primary school and high school you do not learn more than a few words and some grammar rules. It is not necessary but I highly recommend it as there you will learn enough to at least be able to cope in a real situation.

Conclusion.

To summarize, it is very important to know languages, not just to make more friends. Learning languages can broaden your career prospects. In addition, you can travel everywhere.

LUCAS FLECHA FUENTES 4ºA

THE FIRST ENGLISH RADIO PROGRAM

During the break on the 15th of November during the course of 2018/2019, they broadcasted the first English radio program ever. It was about the band *QUEEN* and the guests were Marcos, Barbara, Sebastián (he controls the radio), Roberto (he controls the radio too), Luis (English teacher) and the special guest Manuel (the History teacher). They talked about their favorite songs of the band, the reasons to like the band, and the history of *QUEEN*. I remember Barbara said that her favorite song was *Bohemian Rhapsody*. Manuel brought a book that tells the history of this band, and he said that he has been listening to them since he was a little child. Also, Sebastián was kind of doing an interview to the rest: asking why they like them, their favorite songs... etc. They put on songs some of their songs so the students could hear them in the background. There are going to be more radio programs since this one was a completely success! We took some photos of it, as you can see below. Hope you like this article!



Here we have Sebastián (the interviewer) and Luis (the English teacher).



In this photo we see Marcos and Roberto



Here we have the teacher Manuel and his book.



Here we can see Barbara.

(written by Ainhoa Juárez and Adrián Corbacho- 4º ESO)

USE OF MOBILE PHONES IN HIGH SCHOOLS

Nowadays, people use their mobile phones many times every day, and the smartphones have become one of the most important innovations for humans. At the present time, it's very difficult to find a person who doesn't own a mobile phone. In addition, children with phones are every time younger, and a lot of eleven-year-old teenagers have one. Knowing that, should students be allowed to use their mobile phones?



The biggest advantage of having a mobile phone is that everybody can communicate with their families and friends wherever they are. Sometimes, parents need to get in touch with their sons or daughters because of a familiar emergency, or because they need their sons pick up their brothers. Moreover, students could use their smartphones to find information on the Internet during the lessons or use the calculator on Maths.

Although all of that may be true, if students could use their phones during lessons, many of them wouldn't be focused on their teachers explanations, because they would be sending text messages or social networking. Therefore, they could have problems to study.

Another important reason why phones mustn't be allowed in high schools is because of cheating. Some students could try to take a picture to an exam and pass it to other students.

I would like to conclude by saying that, taking all of this into account, I think high schools shouldn't permit their students to use their phones, at least during lessons, but they should be allowed to use them at the breaks.

Ruth Macías Asenjo 4ºA

Social Chronicle About Rosalía



Rosalía Vila is a singer-songwriter from Barcelona, who at 25 years old walked right to success among its different audiences. Since she was 13 years old, Rosalía Vila (better known artistically as Rosalía) has been singing, her biggest mentor Camarón de la Isla.

This artist has a unique facet, since her art is universal, open and unstoppable; she says that she has a flamenco side because when she was young she sang on stage for flamenco. On the other hand, she has a modern aspect which includes urban style, reggaeton, and rap.

In her artistic career she comments that she is grateful and blessed to have known many famous singers. She met Juan Gómez in 2013 at the International Film Festival in Panama; in 2015 she met Miguel Poveda as his opening act at the International Music Festival in Cadaqués (Barcelona); in that same year he released an album with Rocío Márquez called “El Niño”; in 2016 she released two albums with C. Tangana; in 2017 she met several musicians such as: Raul Refree, Dj Swet, Foyone; in this last year she collaborated with J. Balvin, Fernando Vacas and with many others. Apart from all these collaborations in these last two years, she has released several albums and songs that were quite successful, including: “Malamente”, “Pienso en tu mirá”, “Di mi nombre” and “Bagdad”.



The passion she has for flamenco is due to the expressiveness of the songs, the rhythm, the chords, the meter, but above all the impact it has on the new generations.

Rosalía admits that not everyone is going to like her modern flamenco style; for her, the music has to be coherent, authentic and genuine. One of the things that this contemporary artist has is the ability to adapt to the times we

are in. She presents that certain rebelliousness with respect to the traditional, and that's why this singer-songwriter is so popular among young people. By breaking those stereotypes that flamenco has (whether it's the clothes, the theme of the song, etc.) she shows that for her all the musical styles of today are mixed with each other. That's why this young singer called Rosalía is the new sensation in the musical world.



(Paula Sebbe Rodríguez - 3ºA)



LOPE DE VEGA



Lope de Vega was one of the most outstanding poets of the Spanish Golden Age.

He was born on November 25, 1562 in Madrid, Spain.

He died on August 27, 1635 at his home in Madrid at age 72, because of an infection. His remains were deposited in the church of San Sebastian.

A curious anecdote about his death: All of Madrid was mourning the death of the poet (all the people went to the poet's funeral), but one of his daughters was a cloistered nun, so she could not leave the monastery. The funeral procession was extended to march past said monastery so Marcela (the daughter of Lope) said goodbye to her father.



(Picture that represents the farewell of Marcela to his father)

Lope de Vega had two wives: The first was Isabel de Urbina. After her death, four years passed until Lope remarried Juana de Guardo.

In total, Lope de Vega had fifteen children.

WHY DID LOPE DE VEGA BECOME SO FAMOUS?

Lope de Vega, besides being a good writer of the lyrical poetry, specialized in poetic dialogues to be performed in a theater. He was so successful that the rest of his life was devoted to making comedies and dramas for the public theater.

Lope de Vega is considered the father of works performed in theater.

THE HOUSE OF LOPE DE VEGA

Today, after four hundred years of history, the house of Lope de Vega has been preserved and restored, transforming it into the Lope de Vega Museum.

From the house the main entrance has been conserved, including the inner courtyard and the original well. Although there are pieces of furniture inside the house, they are not the ones that Lope used in his day.



(In the photographs we can see the house of Lope de Vega)

(Rubén Rojas Maganto)



ATLÉTICO DE MADRID



My favorite team is Atlético de Madrid because my grandfather was from that team, and I like my grandfather a lot. He taught me that the values of Atlético de Madrid are incredible and cannot be changed

Also, the Atleti are the best fans in the world, and when they play, I'm going to see them at the field a few times. I will never stop being a Atlético de Madrid fan because it is the team of my life. I thank my grandfather for introducing me to that team, which is the best in the world!

The ultras of the Atleti are those who sing and encourage all the players to play hard and win.



!!!AUPA ATLETI!!!

By CARLOS CEBRECOS MARTOS

NBA

Do you know who the best team and the best players in the NBA currently are?



We start with the best team there is now, the **Golden State Warriors**. They won the league twice in a row, and last year they won the NBA Championship. Their star players are: Stephen Curry, Klay Thompson, Kevin Durant, Draymon Green and DeMarcus Cousins. This is the star quintet, and, to me, the best of all time.

There are many opinions about who the best player in the NBA is, but I want to say it is either Stephen Curry or Klay Thompson since they are on my favorite team. I could not forget to highlight one of the best, who might even surpass Michael Jordan, and that is LeBron James. In a few years, the next legend is going to be Luka Doncic.

(Adrián Torrado Corral - 4ºB)



Roger died, the most famous bodybuilder's kangaroo in Australia.

The animal, 89 kilos and 182 centimeters high, died of natural causes at the age of twelve in the sanctuary of Alice Springs, in the Northern Territory. The marsupial became famous for some photos where it showed its strength and its incredible muscles.



Hundreds of Australians expressed their condolences for the passing of the Kangaroo Roger, who was made Famous as a result of photographs showing the muscular body of the marsupial and became viral.

His rescuer when he was a calf, Chris Barns, said that the kangaroo died in the shadow of his favorite shrub, where he liked to shelter from the torrid heat of the region.

"He lived a good long life and was loved by millions all over the world," Said Barns to the canal *ABC*.

The kangaroo, who could not be released for Trouble in a paw, jumped to fame in 2013 by starring in a documentary and 2015 viral photos were made where it showed its incredible force bending with great ease a metal cube.

Roger, whose social network accounts amounted to 1.3 million followers, was buried in the sanctuary.

(NIEVES DE LA TORRE GONZÁLEZ)

HOW CAN GOVERNMENTS ENCOURAGE PEOPLE TO TAKE EXERCISE?

It is known that exercise benefits our health, reducing heart illnesses or overweight. It is also known that these problems are affecting us due to the insufficient exercise we take. To solve them, governments must encourage us to take exercise.

What governments should really focus on, is education. A child has to know that practicing sports or playing is good for their health. If they are taught at these ages different games and active routines, in the future, their children will adopt the same habits. This way, we could reduce overweight and the risk of having a heart attack. Governments should promote Physical Education and other activities such as regional children's competitions.

Another solution could be exercising at work. Nonetheless, many employees would disagree, suggesting that the hours they spend at the gym is lost time at work. To avoid this, governments should prove that doing sport reduces the stress at work and convince employers that their employees will work more efficiently after a healthy rest. The way to achieve this is encouraging them by making advertisements or giving them talks by sportspersons so they have someone they admire as a positive reference.

From my personal viewpoint, encouraging children at schools, teaching them in a fun and enjoyable way will lead into a healthier future. They should not see it as compulsory, they must enjoy it.

However, both methods I have described are sufficient reasons for encouraging both adults and children in order to improve people's life quality.

CLARA FLECHA FUENTES



THE SPORT OF GUIDANCE

THE ORIENTATION IS A SPORT THAT HAS ITS ORIGINS IN THE NORDIC COUNTRIES AT THE END OF THE XIX CENTURY. IT STARTES AS A PHYSICAL EDUCATION CLASS IN SCHOOLS AND AS SOLDIERS' TRAINING.

IT CONSISTS OF MARKING TRAVEL ON A PLANE IN THE SHORTEST TIME POSSIBLE AND GOING THROUGH A SERIES OF CONTROL POINTS MARKED WITH A BEACON.

NORMALLY IT IS DONE IN NATURAL ENVIRONMENTS SUCH AS FORESTS OR PARKS, ALTHOUGH THERE ALSO EXISTS AN URBAN MODALITY.

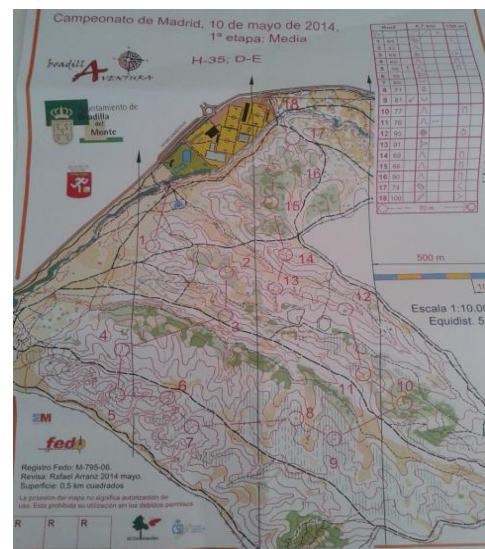
THIS SPORT PROVIDES US SECURITY, SELF-ESTEEM, AUTONOMY AND CONCENTRATION TO HELP SERVE US IN OUR DAILY LIFE.

THE ELEMENTS THAT ARE INVOLVED ARE: MAP, COMPASS, SPORTS CLOTHING AND CONTROL SYSTEMS TO REGISTER THE PASS FOR THE DIFFERENT POINTS.

BEACON



MAP



BY AMARA GUERRERO 4ºD

INGREDIENTS FOR HOUSES

PANCAKES:

➤ **To prepare a pancake we need these ingredients:**

- 150g of flour
- 2 eggs
- 25g of sugar
- 50g butter
- 200ml of milk
- A few drops of vanilla essence
- 12g of baking powder
- And to accompany we put some chocolate, butter, honey or whatever you prefer.



➤ **Preparation of the pancakes**

1. In a bowl we mix the dry ingredients, flour, yeast, sugar and salt and then we set it aside.

2. We combine the beaten eggs, the melted butter and the vanilla essence in another bowl. We incorporate the dry ingredients and, with a spoon we incorporate the liquids. Pour the milk and beat; it is very important that we do not beat the mixture too much.
3. It is about integrating them but it is not necessary to try to eliminate all the lumps. If we beat it too much, the pancakes will be too hard.

➤ **Final preparation:**

We heat a skillet, when it is hot we add a ladle of the mixture of pancakes. We start to pour it in the center, letting the dough distribute itself in the pan.



(by AMINA GHAILAN)

Lemon Sponge Cake Recipe

- Ingredients (8 people):
- 3 eggs
- 1 packet of baking powder (16 gr baking powder)
- 1 lemon yogurt (125 grams)
- flour (3 measures of yogurt)
- sugar (2 measures of yogurt)
- Extra virgin olive oil (1 measure of yogurt)
- zest of 1 lemon
- butter and flour (to spread in the mold)
- jam, icing sugar and mint leaves (to decorate)

Preparation of the lemon sponge cake recipe:

Heat the oven.

Beat the eggs. Add the sugar, yogurt, oil and lemon zest. Mix the flour and the yeast and add them to the mixture. Continue beating until all the ingredients are perfectly incorporated.

Spread a mold with butter or oil and sprinkle with flour, pour the mixture and bake at 180°C for 40-45 minutes.

Let it cool and unmold it. Serve the lemon cake, sprinkle with a little icing sugar and garnish the plate with a little jam and some mint leaves.

Advice:

To make the yeast more effective, you can let the dough rest for 15 minutes before putting it in the oven.

Measures of the ingredients:

To measure the amount of flour, sugar and olive oil, use the empty container of yogurt.



Andrea Guerrero Corral 4ºD